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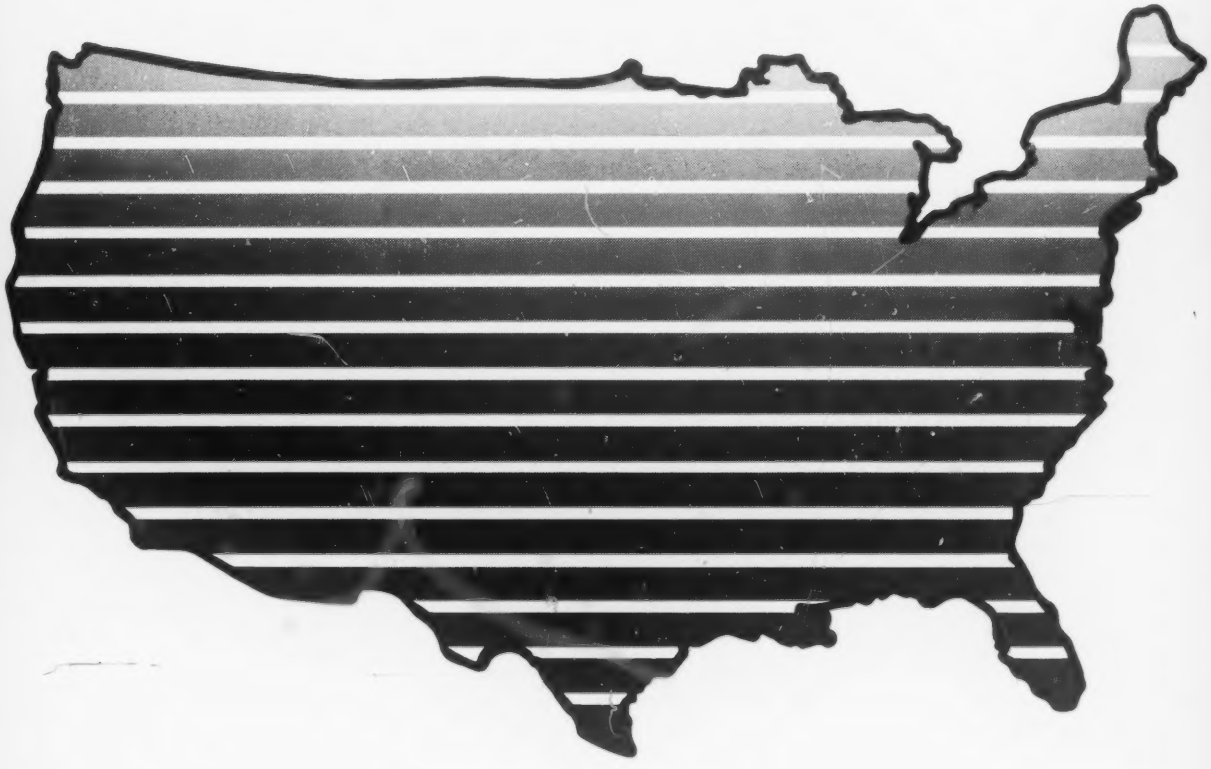
Health Across America:

Prevention Practices in Major States and Cities

Summary Report



Surveys conducted for *Prevention*® Magazine
by Louis Harris and Associates, Inc.

Health Across America:

Prevention Practices in Major States and Cities

Summary Report

A Prevention® Magazine report
from survey research by
Louis Harris and Associates, Inc.

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Introduction

Every state and city is unique, with its own geography, history, economy and demography. All these factors have an impact on the lifestyle of the residents. This report examines the health behavior of people in different parts of America, focusing on diet, exercise, weight control, safety, smoking, drinking and drug use.

To pinpoint the differences in health- and safety-related practices among individual states and cities, data from five years of Louis Harris surveys for Prevention Magazine were compiled and analyzed. Altogether, 6,263 individuals were interviewed in the 48 contiguous states between November, 1983 and November, 1987.

To insure reliability, only states or cities where at least 100 individuals had been interviewed during this period were included. This allowed an analysis of the 21 most populous states, representing approximately 78 percent of the total U.S. population, and four of the largest metropolitan areas: New York, Philadelphia, Chicago and Los Angeles.

Prevention in different states and cities

The results show that of those states for which reliable data were available, Florida ranked first as the state most committed to prevention practices.* Virginia, Massachusetts, New York, California and Washington also scored well on the Prevention Index.

At the other end of the continuum were those states with below-average scores on the Index. These states included Minnesota, with the lowest score, and Wisconsin, Indiana, Ohio, Tennessee, Louisiana, Missouri and North Carolina.

Among the major metropolitan areas, New York City was highest on the Index, followed closely by the entire New York metropolitan area. Los Angeles ranked next, although only slightly above the average for the country as a whole. Philadelphia was just below the average, with Chicago trailing considerably.

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*The overall ratings are based on the Prevention Index, a composite score derived from 21 key health-promoting activities. See the section titled "Index ratings" on page 4 for more details.

Study highlights

DIET: The surveys examined six areas related to diet: efforts to limit consumption of sodium, fat, cholesterol and sugar, and efforts to get enough fiber and vitamins and minerals. States showing the highest concern for these key nutritional behaviors were Florida, Pennsylvania and California. People in Minnesota, Tennessee and Missouri showed the least concern with these behaviors.

Among cities, Philadelphia had the best record for good nutrition, followed by the New York metropolitan area. Chicago residents had the worst record in this category.

EXERCISE: Virginia, California, Massachusetts, Louisiana and Florida were the states with the highest proportion of people exercising strenuously on a regular basis.* Forty-two percent of Virginia residents report that they get strenuous exercise at least three times a week--nine points above the national average of 33 percent.

New York, Wisconsin, Ohio, New Jersey and Indiana had the smallest percentage of people getting regular strenuous exercise, ranging from four to eight points below the national average.

The major urban centers were generally below average in the proportion of people exercising regularly. The one exception was Los Angeles, four percentage points above the national average. Chicago was six points below average in this category; New York, seven points below.

WEIGHT CONTROL: It is not surprising that California, the second ranking state in exercise, is the thinnest state in the nation. Forty-eight percent of Californians are overweight, compared to the national average of 55 percent. Other thin states are Georgia, Washington, and Texas.

Missouri gained distinction as the nation's fattest state, with 65 percent of its people overweight. Other heavy states were Maryland, Wisconsin, Pennsylvania and Louisiana.

The New York metropolitan area was the urban center with the smallest proportion of overweight people, fully eight percent below the national

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*_Strenuous exercise_ is defined as exercising so that "you breathe heavily and your heart and pulse rate are accelerated for a period lasting at least 20 minutes," and _regular_ means "three days a week or more."

average. At the other end were Philadelphia and Chicago, nine and eight percentage points above average, respectively.

HOME SAFETY: A considerable majority of Americans--80 percent--report that they take precautions to avoid accidents around their homes. This rate varies only moderately among states. There are large variations, however, in the number of people who have smoke detectors in their homes.

In Maryland, for instance, 95 percent of those interviewed said they had smoke detectors, 19 points above the national average of 76 percent. Other states with good smoke detector records were Massachusetts, New Jersey and Minnesota.

In Louisiana, however, just 61 percent of people report having home smoke detectors. Florida, Georgia and Texas are also far below average in this regard.

Philadelphia leads the way among cities, with 84 percent of residents saying they have smoke detectors in their homes. Los Angeles is at the other end, with 72 percent of residents having smoke detectors.

SPEEDING: Nationwide, only 52 percent of drivers questioned said they never exceeded the speed limit. People in Minnesota have the best record for obeying speed laws, with 64 percent saying they never speed. Other states with good driving records are Illinois, Pennsylvania, Missouri and North Carolina.

The worst state for speeding is Tennessee, with just 38 percent of people there saying they never break the speed limit. Maryland, Massachusetts and California also have poor records here, ranging from six to ten points below the national average.

Residents of Chicago are more speed-conscious than people in other major cities. Sixty-four percent of drivers there say they never speed, compared to just 43 percent of drivers in Los Angeles who make that claim.

DRIVING AFTER DRINKING: More people in Wisconsin drive after drinking than people in any other state. Fifty-four percent said they sometimes drive after drinking, 20 percentage points above the national average of 34 percent.

Other states with above-average driving after drinking are Michigan, Illinois, Pennsylvania and Indiana. On the other hand, Georgia, Virginia and Ohio had below-average numbers of drivers who drove after drinking.

Among the metropolitan areas, drivers in both New York and Los Angeles are below the national average in the percentage who report driving after drinking.

SMOKING AND ALCOHOL USE: Although smoking does not vary much from state to state, drinking varies considerably. More than one-third of Tennesseans--36 percent--say they never drink alcoholic beverages, a rate 16 points above the national average of 20 percent. In Wisconsin, however, fewer than one person in ten is a teetotaler.

Of those people who do drink, some 28 percent are heavy drinkers.* Wisconsin leads the nation in percentage of heavy drinkers, 10 points above the national average, with Pennsylvania and Minnesota close behind. North Carolina, Georgia and Virginia had the smallest proportion of heavy drinkers.

All four major urban areas are below average in the percentage of people who don't drink, with New York City fully nine points under the national level. When it comes to heavy drinking, however, Philadelphia is six points above the average (28%), while the New York metropolitan area is eight points below the average.

DRUG USE: Recreational drug use is highest in California, where more than one in ten adults--11 percent-- say they sometimes use illegal drugs. Other states with drug use levels above the seven percent national average are New York, Virginia, Michigan and Florida. Drug use is lowest in North Carolina, Tennessee, Wisconsin and Georgia.

The Los Angeles area reported the highest drug use for metropolitan areas, 3 percent above the national average. New York was also slightly above the average in this category, with Philadelphia slightly below.

Index ratings

The overall ratings are based on the Prevention Index, a composite score derived from 21 key health-promoting activities. Each activity is weighted for its health impact, and the total values adjusted to a scale of 100. So an index score of 100 would mean that everyone was doing all 21 preventive acts; zero would mean that nobody was doing any of them.

Table 6 shows the 21 behaviors that comprise the Index, listed in order of decreasing importance as rated by experts in the field of public health. The

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**Heavy drinking* is defined as "three or more drinks on a day when you do drink."

first column of numbers shows the percentage of adults who practice each behavior, as determined by the latest Harris survey. The second column gives the experts' rating on its importance for preventing disease and promoting health. (The scale is from 1 to 10, with 10 being the most important.)

Using this index, the proportion of people in a state or major metropolitan area who reported compliance with each prevention behavior was weighted, and the weighted scores were then added. The results are shown in Tables 1 and 3. The average for the total sample was 63.38 on a scale of 100.

The big picture

The study highlights have described some of the variations in the health behavior of Americans who live in different areas of the country. Table 2 shows the amount of variation between the metropolitan areas; Table 4 shows the state differences. Table 5 is a summary of states and cities with the best--and worst--records in some key behaviors.

While some behaviors--such as not smoking and taking steps to control stress--are fairly uniform throughout the nation, others--like having a smoke detector or obeying the speed limit--vary widely.

The Appendix contains tables showing how the individual states and cities rate on each health behavior. Tables 7 to 11 cover the metropolitan areas; tables 12 to 32 are for the states. These tables are in alphabetical order, with the cities first.

At this point, specific reasons for the differences are a matter of speculation. With additional data, it will be possible to begin analyzing some of the population characteristics that underlie these behavior variations. The initial goal was simply to identify states which are substantially above or below average on the key prevention practices measured by the survey, and to help health policymakers identify areas where their state or city excels, or where additional efforts might be useful.

Notes on the Tables

Not all the behaviors examined in this report applied to the entire sample. For instance, only drivers were included for the results of driving after drinking, and only drinkers were included in the moderate drinking category. Other behaviors--such as the use of recreational drugs--were not examined every year.

As a result, not all 21 states had a sample size large enough to be included in every health activity rating. The behaviors which had fewer than 21 states included are as follows: "Do not smoke" and "Always obey speed limit," 20 states; "Drink alcohol moderately," 18 states; "Don't use recreational drugs," 17 states; "Avoid driving after drinking," 14 states.

Similarly, the behaviors which had fewer than five metropolitan areas included are: "Always obey speed limit," "Don't use recreational drugs" and "Drink alcohol moderately," four cities; "Avoid driving after drinking," two cities.

Table 1

Prevention Index Scores for Major Metropolitan Areas

	N	Prevention Index Score	Variation From Average
Total	6263		
Average		63.38	
Above average			
New York City (Five Boroughs)	164	64.55	+1.17
New York SMSA	212	64.39	+1.01
Los Angeles SMSA	218	63.73	+ .35
Below average			
Philadelphia SMSA	124	63.20	- .18
Chicago SMSA	117	62.25	-1.13

Source: Louis Harris surveys for Prevention Magazine.

Table 2

Variations in Metropolitan Area Health Behavior

Health-Promoting Behavior	High Score (%)	Low Score (%)	National Average (%)	Difference Between High/Low Scores (Percentage Points)
Limit sodium in diet	62	53	54	9
Limit fat in diet	60	56	56	4
Limit cholesterol in diet	47	42	43	5
Limit sugar in diet	54	47	50	7
Consume fiber	61	49	59	12
Get adequate vitamins/minerals	67	58	61	9
Frequent strenuous exercise	37	26	33	11
Maintain proper weight	27	18	24	9
Avoid home accidents	81	75	79	6
Smoke detector in home	84	72	76	12
Always obey speed limit	64	43	52	21
Wear seat belt	51	38	40	13
Avoid driving after drinking	69	67	66	2
Annual blood pressure test	86	79	84	7
Annual dental examination	79	72	75	7
Do not smoke	79	73	77	6
Do not drink	17	11	20	6
Drink alcohol moderately	80	66	72	14
Don't use recreational drugs	94	90	93	4
Take steps to control stress	72	62	67	10

Source: Louis Harris surveys for Prevention Magazine.

Table 3

Prevention Index Scores for Major States

	N	Prevention Index Score	Variation From Average
Total	6263		
Average		63.38	
Above Average			
Florida	312	65.05	+1.67
Virginia	148	64.34	+ .96
Massachusetts	162	64.28	+ .90
New York	488	64.15	+ .77
California	683	64.07	+ .69
Washington	117	63.98	+ .60
Michigan	244	63.95	+ .57
Pennsylvania	331	63.77	+ .39
Georgia	150	63.68	+ .30
Texas	402	63.50	+ .12
Below Average			
New Jersey	207	63.35	- .03
Maryland	118	63.07	- .31
Illinois	311	62.76	- .62
North Carolina	162	62.57	- .81
Missouri	135	62.25	-1.13
Louisiana	111	62.15	-1.23
Tennessee	127	62.05	-1.33
Ohio	290	61.98	-1.40
Indiana	147	61.50	-1.88
Wisconsin	127	61.42	-1.96
Minnesota	114	60.48	-2.90

Source: Louis Harris surveys for Prevention Magazine.

Table 4

Variations in State Health Behavior

Health-Promoting Behavior	High Score (%)	Low Score (%)	National Average (%)	Difference Between High/Low Scores (Percentage Points)
Limit sodium in diet	60	43	54	17
Limit fat in diet	65	47	56	18
Limit cholesterol in diet	51	33	43	18
Limit sugar in diet	61	42	50	19
Consume fiber	66	51	59	15
Get adequate vitamins/minerals	69	51	61	18
Frequent strenuous exercise	42	25	33	17
Maintain proper weight	30	19	24	11
Avoid home accidents	84	72	79	12
Smoke detector in home	95	61	76	34
Always obey speed limit	64	38	52	26
Wear seat belt	52	28	40	24
Avoid driving after drinking	71	46	66	25
Annual blood pressure test	88	76	84	12
Annual dental examination	86	67	75	19
Do not smoke	80	72	77	8
Do not drink	36	9	20	27
Drink alcohol moderately	79	62	72	17
Don't use recreational drugs	96	89	93	7
Take steps to control stress	71	62	67	9

Source: Louis Harris surveys for Prevention Magazine.

Table 5

The Best and Worst Records in Key Health-Promoting Behaviors

Limit fat in diet

Best: Florida, Masssachusetts
Philadelphia
Worst: Minnesota, Missouri, Wisconsin
Chicago, Los Angeles

Limit cholesterol in diet

Best: Pennsylvania, Florida, Massachusetts
Philadelphia, New York Metro
Worst: Minnesota, Missouri, Louisiana
Los Angeles

Consume fiber

Best: Florida, Georgia, Tennessee
Los Angeles
Worst: Minnesota, Indiana, Washington
New York City

Frequent strenuous exercise

Best: Virginia, California, Massachusetts
Los Angeles
Worst: New York, Wisconsin, Ohio
Chicago

Maintain proper weight

Best: Minnesota, Georgia, Tennessee
Los Angeles
Worst: Missouri, Illinois
Philadelphia

Table 5, continued

Smoke detector in home

Best: Maryland, Massachusetts, New Jersey
Philadelphia
Worst: Louisiana, Florida, Georgia
Los Angeles

Always obey speed limit

Best: Minnesota, Illinois, Pennsylvania
Chicago
Worst: Tennessee, Maryland
Los Angeles

Avoid driving after drinking

Best: Georgia, Virginia, Ohio
Los Angeles
Worst: Wisconsin, Michigan, Illinois
New York Metro

Do not smoke

Best: Georgia, Wisconsin
Los Angeles
Worst: Ohio, Florida, Minnesota
Philadelphia

Do not drink

Best: Tennessee, North Carolina, Georgia
Los Angeles
Worst: Wisconsin, Minnesota
New York City

Table 6

The Prevention Index, 1988

Health-Promoting Behavior	Adults Practicing (%)	Experts' Rating, Scale 1-10
1. Do not smoke	72	9.78
2. Avoid smoking in bed	92	9.24
3. Wear seat belt	57	9.16
4. Avoid driving after drinking	77	9.03
5. Smoke detector in home	82	8.53
6. Socialize regularly	83	8.31
7. Frequent strenuous exercise	35	8.20
8. Drink alcohol moderately	88	8.15
9. Avoid home accidents	81	8.07
10. Limit fat in diet	54	7.82
11. Maintain proper weight	24	7.71
12. Always obey speed limit	55	7.65
13. Annual blood pressure test	84	7.62
14. Take steps to control stress	68	7.58
15. Consume fiber	60	7.41
16. Limit cholesterol in diet	42	7.15
17. Get adequate vitamins/minerals	59	7.12
18. Annual dental examination	75	7.08
19. Limit sodium in diet	54	7.04
20. Limit sugar in diet	49	6.90
21. 7-8 hours sleep/night	61	6.71

Source: Louis Harris surveys for Prevention Magazine.

Appendix

Information on Individual Cities and States

Table 7

Health Behavior in the Chicago Metropolitan Area

Health-Promoting Behavior	Percent Compliance	Percentage Point Variation from National Average	Rank (of 5)
Above Average			
Always obey speed limit	64	+12	1
Limit sodium in diet	60	+ 6	2
Smoke detector in home	81	+ 5	2
Wear seat belt	44	+ 4	4
Limit cholesterol in diet	45	+ 2	4
Do not smoke	78	+ 1	2
Take steps to control stress	68	+ 1	4
Average			
Limit fat in diet	56	0	4
Below Average			
Annual blood pressure test	82	- 2	4
Limit sugar in diet	47	- 3	5
Get adequate vitamins/minerals	58	- 3	5
Annual dental examination	72	- 3	5
Do not drink	16	- 4	2
Avoid home accidents	75	- 4	5
Maintain proper weight	19	- 5	4
Consume fiber	53	- 6	3
Frequent strenuous exercise	26	- 7	5

Source: Louis Harris surveys for Prevention Magazine.

Table 8

Health Behavior in the Los Angeles Metropolitan Area

Health-Promoting Behavior	Percent Compliance	Percentage Point Variation from National Average	Rank (of 5)
Above Average			
Wear seat belt	47	+ 7	3
Take steps to control stress	72	+ 5	1
Annual dental examination	79	+ 4	1
Frequent strenuous exercise	37	+ 4	1
Get adequate vitamins/minerals	65	+ 4	2
Maintain proper weight	27	+ 3	1
Drink alcohol moderately	75	+ 3	3
Do not smoke	79	+ 2	1
Consume fiber	61	+ 2	1
Avoid driving after drinking	67	+ 1	2
Limit sugar in diet	51	+ 1	4
Average			
Limit fat in diet	56	0	4
Below Average			
Avoid home accidents	78	- 1	2
Limit cholesterol in diet	42	- 1	5
Limit sodium in diet	53	- 1	5
Do not drink	17	- 3	1
Don't use recreational drugs	90	- 3	4
Smoke detector in home	72	- 4	5
Annual blood pressure test	79	- 5	5
Always obey speed limit	43	- 9	4

Source: Louis Harris surveys for Prevention Magazine.

Table 9

Health Behavior in New York City

Health-Promoting Behavior	Percent Compliance	Percentage Point Variation from National Average	Rank (of 5)
Above Average			
Wear seat belt	51	+11	1
Limit sodium in diet	62	+ 8	1
Drink alcohol moderately	79	+ 7	2
Limit sugar in diet	54	+ 4	1
Annual dental examination	79	+ 4	1
Take steps to control stress	71	+ 4	3
Limit cholesterol in diet	46	+ 3	3
Limit fat in diet	58	+ 2	3
Annual blood pressure test	85	+ 1	2
Average			
Maintain proper weight	24	0	3
Below Average			
Smoke detector in home	75	- 1	3
Always obey speed limit	50	- 2	2
Don't use recreational drugs	91	- 2	2
Avoid home accidents	77	- 2	4
Get adequate vitamins/minerals	59	- 2	4
Do not smoke	74	- 3	3
Frequent strenuous exercise	27	- 6	3
Do not drink	11	- 9	5
Consume fiber	49	- 10	5

Source: Louis Harris surveys for Prevention Magazine.

Table 10

Health Behavior in the New York Metropolitan Area

Health-Promoting Behavior	Percent Compliance	Percentage Point Variation from National Average	Rank (of 5)
Above Average			
Wear seat belt	50	+10	2
Drink alcohol moderately	80	+ 8	1
Limit sodium in diet	60	+ 6	2
Take steps to control stress	72	+ 5	1
Limit cholesterol in diet	47	+ 4	1
Avoid driving after drinking	69	+ 3	1
Limit sugar in diet	53	+ 3	2
Limit fat in diet	59	+ 3	2
Annual dental examination	77	+ 2	2
Annual blood pressure test	85	+ 1	2
Maintain proper weight	25	+ 1	2
Below Average			
Avoid home accidents	78	- 1	2
Smoke detector in home	75	- 1	3
Get adequate vitamins/minerals	60	- 1	3
Always obey speed limit	50	- 2	2
Don't use recreational drugs	91	- 2	2
Do not smoke	74	- 3	3
Frequent strenuous exercise	27	- 6	3
Do not drink	12	- 8	4
Consume fiber	50	- 9	4

Source: Louis Harris surveys for Prevention Magazine.

Table 11

Health Behavior in the Philadelphia Metropolitan Area

Health-Promoting Behavior	Percent Compliance	Percentage Point Variation from National Average	Rank (of 5)
Above Average			
Smoke detector in home	84	+ 8	1
Get adequate vitamins/minerals	67	+ 6	1
Limit fat in diet	60	+ 4	1
Limit cholesterol in diet	47	+ 4	1
Limit sodium in diet	57	+ 3	4
Avoid home accidents	81	+ 2	1
Annual blood pressure test	86	+ 2	1
Annual dental examination	77	+ 2	3
Limit sugar in diet	52	+ 2	3
Don't use recreational drugs	94	+ 1	1
Average			
Consume fiber	59	0	2
Below Average			
Frequent strenuous exercise	31	- 2	2
Wear seat belt	38	- 2	5
Do not smoke	73	- 4	5
Do not drink	15	- 5	3
Take steps to control stress	62	- 5	5
Drink alcohol moderately	66	- 6	4
Maintain proper weight	18	- 6	5

Source: Louis Harris surveys for Prevention Magazine.

Table 12

Health Behavior in California

Health-Promoting Behavior	Percent Compliance	Percentage Point Variation from National Average	Rank (of 21)
Above Average			
Wear seat belt	49	+ 9	5
Frequent strenuous exercise	39	+ 6	2
Get adequate vitamins/minerals	66	+ 5	2
Annual dental examination	79	+ 4	3
Consume fiber	62	+ 3	4
Limit cholesterol in diet	44	+ 1	5
Limit sodium in diet	57	+ 3	5
Take steps to control stress	69	+ 2	4
Maintain proper weight	26	+ 2	4
Limit sugar in diet	52	+ 2	5
Do not smoke	78	+ 1	5
Drink alcohol moderately	73	+ 1	8
Below Average			
Limit fat in diet	55	- 1	9
Avoid driving after drinking	65	- 1	9
Avoid home accidents	77	- 2	13
Smoke detector in home	73	- 3	15
Do not drink	16	- 4	15
Don't use recreational drugs	89	- 4	17
Always obey speed limit	46	- 6	17
Annual blood pressure test	78	- 6	20

Source: Louis Harris surveys for Prevention Magazine.

Table 13

Health Behavior in Florida

Health-Promoting Behavior	Percent Compliance	Percentage Point Variation from National Average	Rank (of 21)
Above Average			
Limit sugar in diet	61	+11	1
Limit fat in diet	65	+ 9	1
Get adequate vitamins/minerals	69	+ 8	1
Consume fiber	66	+ 7	1
Limit cholesterol in diet	49	+ 6	2
Annual blood pressure test	88	+ 4	1
Frequent strenuous exercise	37	+ 4	4
Wear seat belt	44	+ 4	8
Drink alcohol moderately	75	+ 3	4
Limit sodium in diet	56	+ 2	6
Average			
Maintain proper weight	24	0	7
Avoid driving after drinking	66	0	7
Do not drink	20	0	8
Always obey speed limit	52	0	8
Avoid home accidents	79	0	10
Annual dental examination	70	0	10
Below Average			
Don't use recreational drugs	92	- 1	13
Take steps to control stress	65	- 2	15
Do not smoke	73	- 4	18
Smoke detector in home	65	- 11	20

Source: Louis Harris surveys for Prevention Magazine.

Table 14

Health Behavior in Georgia

Health-Promoting Behavior	Percent Compliance	Percentage Point Variation from National Average	Rank (of 21)
Above Average			
Do not drink	27	+ 7	3
Consume fiber	65	+ 6	2
Avoid driving after drinking	71	+ 5	1
Maintain proper weight	29	+ 5	2
Drink alcohol moderately	77	+ 5	2
Take steps to control stress	71	+ 4	1
Do not smoke	80	+ 3	1
Don't use recreational drugs	95	+ 2	4
Avoid home accidents	81	+ 2	5
Get adequate vitamins/minerals	63	+ 2	6
Limit sugar in diet	51	+ 1	9
Annual blood pressure test	85	+ 1	9
Average			
Limit cholesterol in diet	43	0	8
Frequent strenuous exercise	33	0	9
Annual dental examination	75	0	10
Below Average			
Limit fat in diet	54	- 2	12
Limit sodium in diet	51	- 3	13
Always obey speed limit	47	- 5	15
Smoke detector in home	67	- 9	19
Wear seat belt	29	- 11	20

Source: Louis Harris surveys for Prevention Magazine.

Table 15

Health Behavior in Illinois

Health-Promoting Behavior	Percent Compliance	Percentage Point Variation from National Average	Rank (of 21)
Above Average			
Always obey speed limit	61	+ 9	2
Smoke detector in home	79	+ 3	9
Do not smoke	79	+ 2	3
Don't use recreational drugs	94	+ 1	5
Take steps to control stress	68	+ 1	8
Average			
Limit sodium in diet	54	0	8
Below Average			
Wear seat belt	39	- 1	11
Limit sugar in diet	49	- 1	12
Annual blood pressure test	83	- 1	15
Do not drink	18	- 2	10
Get adequate vitamins/minerals	59	- 2	11
Avoid home accidents	77	- 2	13
Frequent strenuous exercise	31	- 2	14
Annual dental examination	73	- 2	16
Drink alcohol moderately	69	- 3	13
Limit fat in diet	53	- 3	15
Consume fiber	56	- 3	16
Limit cholesterol in diet	39	- 4	16
Maintain proper weight	20	- 4	20
Avoid driving after drinking	60	- 6	12

Source: Louis Harris surveys for Prevention Magazine.

Table 16

Health Behavior in Indiana

Health-Promoting Behavior	Percent Compliance	Percentage Point Variation from National Average	Rank (of 21)
Above Average			
Do not drink	23	+ 3	4
Annual dental examination	78	+ 3	5
Take steps to control stress	69	+ 2	4
Do not smoke	78	+ 1	5
Drink alcohol moderately	73	+ 1	8
Annual blood pressure test	85	+ 1	9
Average			
Get adequate vitamins/minerals	61	0	7
Don't use recreational drugs	93	0	10
Smoke detector in home	76	0	13
Below Average			
Always obey speed limit	51	- 1	9
Maintain proper weight	23	- 1	10
Limit cholesterol in diet	41	- 2	13
Limit fat in diet	52	- 4	16
Frequent strenuous exercise	29	- 4	17
Avoid driving after drinking	61	- 5	10
Limit sodium in diet	49	- 5	14
Wear seat belt	35	- 5	15
Avoid home accidents	73	- 6	20
Limit sugar in diet	42	- 8	20
Consume fiber	51	- 8	20

Source: Louis Harris surveys for Prevention Magazine.

Table 17

Health Behavior in Louisiana

Health-Promoting Behavior	Percent Compliance	Percentage Point Variation from National Average	Rank (of 21)
Above Average			
Wear seat belt	45	+ 5	7
Annual blood pressure test	88	+ 4	1
Limit sugar in diet	54	+ 4	2
Frequent strenuous exercise	37	+ 4	4
Do not drink	23	+ 3	4
Take steps to control stress	68	+ 1	8
Average			
Do not smoke	77	0	9
Below Average			
Annual dental examination	74	- 1	13
Consume fiber	57	- 2	13
Avoid home accidents	77	- 2	13
Maintain proper weight	21	- 3	15
Limit fat in diet	52	- 4	16
Limit cholesterol in diet	38	- 5	19
Get adequate vitamins/minerals	54	- 7	20
Limit sodium in diet	44	- 10	19
Smoke detector in home	61	- 15	21

Source: Louis Harris surveys for Prevention Magazine.

Table 18

Health Behavior in Maryland

Health-Promoting Behavior	Percent Compliance	Percentage Point Variation from National Average	Rank (of 21)
Above Average			
Smoke detector in home	95	+19	1
Annual dental examination	86	+11	1
Wear seat belt	48	+ 8	6
Limit fat in diet	58	+ 2	3
Drink alcohol moderately	74	+ 2	5
Frequent strenuous exercise	34	+ 1	8
Below Average			
Consume fiber	58	- 1	10
Limit cholesterol in diet	42	- 1	12
Do not smoke	75	- 2	12
Avoid home accidents	77	- 2	13
Take steps to control stress	65	- 2	15
Maintain proper weight	21	- 3	15
Annual blood pressure test	81	- 3	19
Get adequate vitamins/minerals	56	- 5	15
Do not drink	14	- 6	17
Limit sodium in diet	47	- 7	17
Limit sugar in diet	43	- 7	18
Always obey speed limit	42	- 10	19

Source: Louis Harris surveys for Prevention Magazine.

Table 19

Health Behavior in Massachusetts

Health-Promoting Behavior	Percent Compliance	Percentage Point Variation from National Average	Rank (of 21)
Above Average			
Smoke detector in home	87	+11	2
Limit fat in diet	63	+ 7	2
Limit cholesterol in diet	49	+ 6	2
Limit sodium in diet	59	+ 5	2
Annual dental examination	80	+ 5	2
Frequent strenuous exercise	38	+ 5	3
Do not smoke	79	+ 2	3
Maintain proper weight	26	+ 2	4
Limit sugar in diet	52	+ 2	5
Consume fiber	61	+ 2	6
Don't use recreational drugs	94	+ 1	5
Avoid driving after drinking	67	+ 1	7
Below Average			
Take steps to control stress	66	- 1	13
Annual blood pressure test	83	- 1	15
Drink alcohol moderately	70	- 2	11
Wear seat belt	36	- 4	14
Get adequate vitamins/minerals	57	- 4	14
Always obey speed limit	46	- 6	17
Do not drink	13	- 7	18
Avoid home accidents	72	- 7	21

Source: Louis Harris surveys for Prevention Magazine.

Table 20

Health Behavior in Michigan

Health-Promoting Behavior	Percent Compliance	Percentage Point Variation from National Average	Rank (of 21)
Above Average			
Wear seat belt	50	+10	3
Smoke detector in home	81	+ 5	6
Annual blood pressure test	88	+ 4	1
Take steps to control stress	71	+ 4	1
Get adequate vitamins/minerals	64	+ 3	3
Avoid home accidents	82	+ 3	3
Annual dental examination	77	+ 2	6
Average			
Limit cholesterol in diet	43	0	8
Frequent strenuous exercise	33	0	9
Limit sugar in diet	50	0	11
Below Average			
Always obey speed limit	51	- 1	9
Don't use recreational drugs	92	- 1	13
Limit sodium in diet	52	- 2	11
Do not smoke	75	- 2	12
Limit fat in diet	54	- 2	12
Consume fiber	57	- 2	13
Drink alcohol moderately	69	- 3	13
Maintain proper weight	21	- 3	15
Do not drink	16	- 4	15
Avoid driving after drinking	56	- 10	13

Source: Louis Harris surveys for Prevention Magazine.

Table 21

Health Behavior in Minnesota

Health-Promoting Behavior	Percent Compliance	Percentage Point Variation from National Average	Rank (of 21)
Above Average			
Always obey speed limit	64	+12	1
Smoke detector in home	85	+ 9	4
Maintain proper weight	30	+ 6	1
Frequent strenuous exercise	35	+ 2	7
Average			
Annual dental examination	75	0	10
Below Average			
Avoid home accidents	77	- 2	13
Take steps to control stress	64	- 3	18
Do not smoke	73	- 4	18
Get adequate vitamins/minerals	55	- 6	19
Drink alcohol moderately	65	- 7	16
Limit sodium in diet	47	- 7	17
Wear seat belt	32	- 8	17
Limit sugar in diet	42	- 8	20
Consume fiber	51	- 8	20
Annual blood pressure test	76	- 8	21
Limit fat in diet	47	- 9	21
Do not drink	10	-10	20
Limit cholesterol in diet	33	-10	21

Source: Louis Harris surveys for Prevention Magazine.

Table 22

Health Behavior in Missouri

Health-Promoting Behavior	Percent Compliance	Percentage Point Variation from National Average	Rank (of 21)
Above Average			
Always obey speed limit	59	+ 7	4
Wear seat belt	44	+ 4	8
Avoid home accidents	81	+ 2	5
Consume fiber	61	+ 2	6
Do not smoke	78	+ 1	5
Don't use recreational drugs	94	+ 1	5
Do not drink	21	+ 1	7
Take steps to control stress	68	+ 1	8
Average			
Frequent strenuous exercise	33	0	9
Annual blood pressure test	84	0	12
Below Average			
Drink alcohol moderately	69	- 3	13
Get adequate vitamins/minerals	56	- 5	15
Smoke detector in home	71	- 5	17
Annual dental examination	70	- 5	19
Maintain proper weight	19	- 5	21
Limit sodium in diet	48	- 6	16
Limit sugar in diet	43	- 7	18
Limit cholesterol in diet	36	- 7	20
Limit fat in diet	48	- 8	20

Source: Louis Harris surveys for Prevention Magazine.

Table 23

Health Behavior in New Jersey

Health-Promoting Behavior	Percent Compliance	Percentage Point Variation from National Average	Rank (of 21)
Above Average			
Smoke detector in home	86	+10	3
Avoid home accidents	84	+ 5	1
Limit fat in diet	58	+ 2	3
Avoid driving after drinking	68	+ 2	4
Limit sugar in diet	52	+ 2	5
Limit sodium in diet	56	+ 2	6
Annual dental examination	76	+ 1	8
Drink alcohol moderately	73	+ 1	8
Average			
Don't use recreational drugs	93	0	10
Take steps to control stress	67	0	12
Below Average			
Always obey speed limit	51	- 1	9
Maintain proper weight	23	- 1	10
Annual blood pressure test	83	- 1	15
Do not drink	18	- 2	10
Do not smoke	75	- 2	12
Wear seat belt	38	- 2	13
Get adequate vitamins/minerals	58	- 3	12
Consume fiber	56	- 3	16
Limit cholesterol in diet	39	- 4	16
Frequent strenuous exercise	29	- 4	17

Source: Louis Harris surveys for Prevention Magazine.

Table 24

Health Behavior in New York

Health-Promoting Behavior	Percent Compliance	Percentage Point Variation from National Average	Rank (of 21)
Above Average			
Wear seat belt	51	+11	2
Limit sodium in diet	59	+ 5	2
Annual dental examination	79	+ 4	3
Limit cholesterol in diet	46	+ 3	4
Smoke detector in home	79	+ 3	9
Avoid driving after drinking	68	+ 2	4
Take steps to control stress	69	+ 2	4
Limit sugar in diet	52	+ 2	5
Drink alcohol moderately	74	+ 2	5
Always obey speed limit	54	+ 2	7
Annual blood pressure test	85	+ 1	9
Average			
Limit fat in diet	56	0	7
Below Average			
Get adequate vitamins/minerals	60	- 1	8
Maintain proper weight	23	- 1	10
Do not smoke	75	- 2	12
Consume fiber	57	- 2	13
Don't use recreational drugs	91	- 2	16
Avoid home accidents	75	- 4	19
Do not drink	13	- 7	18
Frequent strenuous exercise	25	- 8	21

Source: Louis Harris surveys for Prevention Magazine.

Table 25

Health Behavior in North Carolina

Health-Promoting Behavior	Percent Compliance	Percentage Point Variation from National Average	Rank (of 21)
Above Average			
Do not drink	33	+13	2
Drink alcohol moderately	79	+ 7	1
Always obey speed limit	58	+ 6	5
Don't use recreational drugs	96	+ 3	1
Avoid home accidents	82	+ 3	3
Wear seat belt	43	+ 3	10
Average			
Limit cholesterol in diet	43	0	8
Below Average			
Maintain proper weight	23	- 1	10
Frequent strenuous exercise	32	- 1	13
Annual blood pressure test	83	- 1	15
Limit sodium in diet	52	- 2	11
Smoke detector in home	73	- 3	15
Do not smoke	74	- 3	17
Limit sugar in diet	46	- 4	16
Consume fiber	55	- 4	18
Get adequate vitamins/minerals	56	- 5	15
Limit fat in diet	51	- 5	18
Take steps to control stress	62	- 5	19
Annual dental examination	67	- 8	20

Source: Louis Harris surveys for Prevention Magazine.

Table 26

Health Behavior in Ohio

Health-Promoting Behavior	Percent Compliance	Percentage Point Variation from National Average	Rank (of 21)
Above Average			
Avoid driving after drinking	69	+ 3	3
Always obey speed limit	55	+ 3	6
Limit fat in diet	58	+ 2	3
Drink alcohol moderately	74	+ 2	5
Limit cholesterol in diet	44	+ 1	5
Don't use recreational drugs	94	+ 1	5
Average			
Annual blood pressure test	84	0	12
Below Average			
Limit sodium in diet	53	- 1	10
Consume fiber	58	- 1	10
Maintain proper weight	23	- 1	10
Annual dental examination	74	- 1	13
Avoid home accidents	77	- 2	13
Smoke detector in home	74	- 2	14
Limit sugar in diet	48	- 2	14
Do not drink	17	- 3	14
Get adequate vitamins/minerals	56	- 5	15
Frequent strenuous exercise	28	- 5	19
Take steps to control stress	62	- 5	19
Do not smoke	72	- 5	20
Wear seat belt	33	- 7	16

Source: Louis Harris surveys for Prevention Magazine.

Table 27

Health Behavior in Pennsylvania

Health-Promoting Behavior	Percent Compliance	Percentage Point Variation from National Average	Rank (of 21)
Above Average			
Always obey speed limit	61	+ 9	2
Limit cholesterol in diet	51	+ 8	1
Limit sodium in diet	59	+ 5	2
Annual blood pressure test	88	+ 4	1
Avoid home accidents	83	+ 4	2
Limit sugar in diet	54	+ 4	2
Get adequate vitamins/minerals	64	+ 3	3
Limit fat in diet	58	+ 2	3
Take steps to control stress	69	+ 2	4
Consume fiber	61	+ 2	6
Smoke detector in home	77	+ 1	12
Average			
Don't use recreational drugs	93	0	10
Below Average			
Do not drink	18	- 2	10
Do not smoke	75	- 2	12
Frequent strenuous exercise	31	- 2	14
Maintain proper weight	21	- 3	15
Annual dental examination	72	- 3	17
Avoid driving after drinking	61	- 5	10
Drink alcohol moderately	64	- 8	17
Wear seat belt	31	- 9	18

Source: Louis Harris surveys for Prevention Magazine.

Table 28

Health Behavior in Tennessee

Health-Promoting Behavior	Percent Compliance	Percentage Point Variation from National Average	Rank (of 21)
Above Average			
Do not drink	36	+16	1
Consume fiber	65	+ 6	2
Smoke detector in home	80	+ 4	8
Don't use recreational drugs	96	+ 3	1
Maintain proper weight	27	+ 3	3
Annual blood presssure test	87	+ 3	7
Avoid home accidents	80	+ 1	8
Below Average			
Do not smoke	76	- 1	10
Limit fat in diet	54	- 2	12
Limit cholesterol in diet	41	- 2	13
Frequent strenuous exercise	30	- 3	16
Take steps to control stress	62	- 5	19
Limit sugar in diet	44	- 6	17
Annual dental examination	67	- 8	20
Get adequate vitamins/minerals	51	- 10	21
Limit sodium in diet	43	- 11	21
Wear seat belt	28	- 12	21
Always obey speed limit	38	- 14	20

Source: Louis Harris surveys for Prevention Magazine.

Table 29

Health Behavior in Texas

Health-Promoting Behavior	Percent Compliance	Percentage Point Variation from National Average	Rank (of 21)
Above Average			
Wear seat belt	52	+12	1
Get adequate vitamins/minerals	64	+ 3	3
Do not drink	23	+ 3	4
Frequent strenuous exercise	36	+ 3	6
Annual blood pressure test	87	+ 3	7
Maintain proper weight	26	+ 2	4
Avoid driving after drinking	68	+ 2	4
Don't use recreational drugs	94	+ 1	5
Avoid home accidents	80	+ 1	8
Average			
Limit fat in diet	56	0	7
Below Average			
Consume fiber	58	- 1	10
Do not smoke	76	- 1	10
Take steps to control stress	66	- 1	13
Drink alcohol moderately	70	- 2	11
Always obey speed limit	50	- 2	12
Limit cholesterol in diet	41	- 2	13
Limit sugar in diet	47	- 3	15
Annual dental examintion	71	- 4	18
Limit sodium in diet	49	- 5	14
Smoke detector in home	68	- 8	18

Source: Louis Harris surveys for Prevention Magazine.

Table 30

Health Behavior in Virginia

Health-Promoting Behavior	Percent Compliance	Percentage Point Variation from National Average	Rank (of 21)
Above Average			
Frequent strenuous exercise	42	+ 9	1
Drink alcohol moderately	77	+ 5	2
Limit sugar in diet	54	+ 4	2
Avoid driving after drinking	70	+ 4	2
Consume fiber	62	+ 3	4
Avoid home accidents	81	+ 2	5
Smoke detector in home	78	+ 2	11
Do not smoke	78	+ 1	5
Annual dental examination	76	+ 1	8
Take steps to control stress	68	+ 1	8
Average			
Maintain proper weight	24	0	7
Limit sodium in diet	54	0	8
Limit cholesterol in diet	43	0	8
Do not drink	20	0	8
Annual blood pressure test	84	0	12
Below average			
Get adequate vitamins/minerals	60	- 1	8
Limit fat in diet	55	- 1	8
Wear seat belt	39	- 1	11
Don't use recreational drugs	92	- 1	13
Always obey speed limit	47	- 5	15

Source: Louis Harris surveys for Prevention Magazine.

Table 31

Health Behavior in Washington

Health-Promoting Behavior	Percent Compliance	Percentage Point Variation from National Average	Rank (of 21)
Above Average			
Wear seat belt	50	+10	3
Limit sodium in diet	60	+ 6	1
Smoke detector in home	81	+ 5	6
Annual blood pressure test	88	+ 4	1
Take steps to control stress	71	+ 4	1
Limit cholesterol in diet	44	+ 1	5
Limit sugar in diet	51	+ 1	9
Average			
Frequent strenuous exercise	33	0	9
Avoid home accidents	79	0	10
Below Average			
Limit fat in diet	55	- 1	9
Annual dental examination	74	- 1	13
Do not drink	18	- 2	10
Always obey speed limit	50	- 2	12
Get adequate vitamins/minerals	58	- 3	12
Maintain proper weight	21	- 3	15
Consume fiber	53	- 6	19

Source: Louis Harris surveys for Prevention Magazine.

Table 32

Health Behavior in Wisconsin

Health-Promoting Behavior	Percent Compliance	Percentage Point Variation from National Average	Rank (of 21)
Above Average			
Smoke detector in home	82	+ 6	5
Annual blood pressure test	88	+ 4	1
Do not smoke	80	+ 3	1
Don't use recreational drugs	96	+ 3	1
Annual dental examination	77	+ 2	6
Average			
Maintain proper weight	24	0	7
Consume fiber	59	0	9
Below Average			
Get adequate vitamins/minerals	60	- 1	8
Avoid home accidents	78	- 1	12
Limit sugar in diet	49	- 1	12
Take steps to control stress	65	- 2	15
Always obey speed limit	49	- 3	14
Limit cholesterol in diet	39	- 4	16
Frequent strenuous exercise	28	- 5	19
Limit fat in diet	50	- 6	19
Wear seat belt	31	- 9	18
Drink alcohol moderately	62	- 10	18
Limit sodium in diet	44	- 10	19
Do not drink	9	- 11	21
Avoid driving after drinking	46	- 20	14

Source: Louis Harris surveys for Prevention Magazine.